

SURGICAL PEARL: NONINTERRUPTED SECURE KNOT TECHNIQUE FOR RUNNING SUTURES

Dear Editor:

Using a running suture, as opposed to simple interrupted sutures, for wound closure has its advantages and disadvantages. The advantages include: 1) faster suturing times to complete wound closure; 2) the ease of continuous repair motion without requiring an assistant to repeatedly cut the suture, and; 3) saving suture materials. However, it conventionally requires placement of a few simple interrupted sutures after the entire wound is closed to reduce the higher risk of wound dehiscence (Figure 1).¹ This step limits the efficiency of the process. We solve this problem by introducing the noninterrupted secure knots (NISK) technique for running sutures.

The NISK technique allows dermatologists to optimize their time, perform procedures without the need for staff assistance (i.e., cutting sutures), and potentially reduce office costs by saving suture material. This method consists of making a loop every 4 to 6 sutures across the length of the surgical defect in order to tie a square knot before the needle is reintroduced to continue the running suture. As an option, the subsequent suture after the knot should pass through the previous loop to trap it down (Figure 2, see arrow), further enhancing security by preventing slip knots due to tissue swelling. Thus, this modified technique eliminates the need to put in simple interrupted sutures at the end of wound closure.

With regard,
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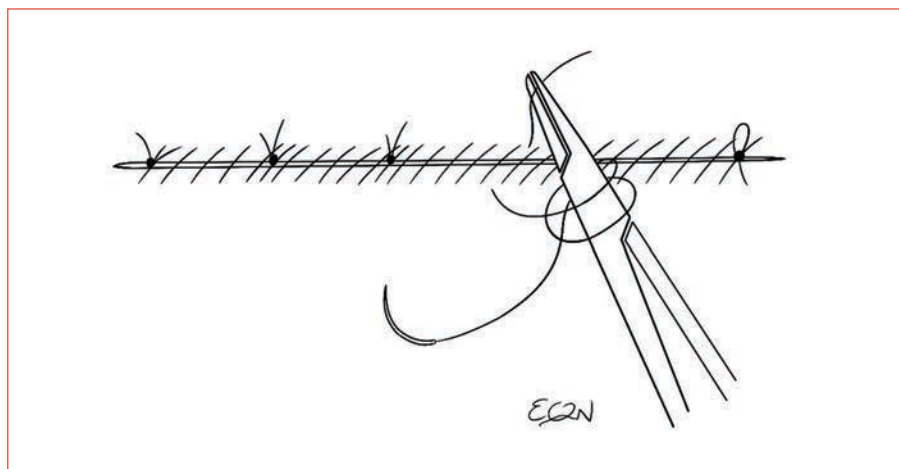


FIGURE 1. Conventional interrupted secure knots placed after wound closure

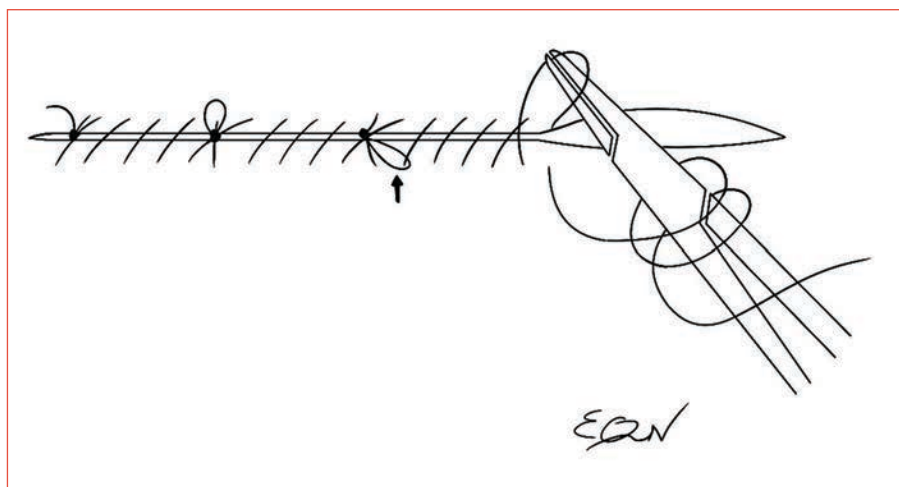


FIGURE 2. Non-interrupted secure knots (NISK) technique for wound closure

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